

Curriculum Intent and Breadth Map - PE



PE Intent

Through the PE curriculum, we aim for pupils to develop a range of adaptable skills to apply to a variety of activities. Pupils will be inspired to compete and strive for excellence in a sport, as well as having an understanding of healthy and active lifestyles and the impact of sport on physical and mental health.

As sports people, children develop their knowledge and skills in the areas of developing practical skills in order to **participate, compete and lead a healthy lifestyle**. Some of these include; swimming, athletics and outdoor and adventurous activities. Each half term, children will engage in units, which provide opportunities for them to develop skills in **sport** and improve **fitness**.

		Autumn		Spring		Summer	
		1 st Half	2 nd Half	1 st Half	2 nd Half	1 st Half	2 nd Half
Key Stage 1	Year 1	Multi Skills Bootcamp	Storytime Dance Mighty Movers	Groovy Gymnastics Skip to the Beat	Throwing & Catching Cool Core	Active Athletics Fitness Frenzy	Brilliant Ball Skills Gymfit Circuits
	Year 2	Multi Skills Bootcamp	Ugly Bug Ball Dance Mighty Movers	Groovy Gymnastics Skip to the Beat	Throwing & Catching Cool Core	Active Athletics Fitness Frenzy	Brilliant Ball Skills Gymfit Circuits
Lower Key Stage 2	Year 3	Multi Skills Mighty Movers	African Dance Bootcamp	Throwing & Catching Cool Core	Active Athletics Fitness Frenzy	Groovy Gymnastics Skip to the Beat	Brilliant Ball Skills Gymfit Circuits
	Year 4	Invaders Bootcamp	Step to the Beat Nimble Nets	Fitness Frenzy Dynamic Dance	Mighty Movers Cool Core	Young Olympians Gym Sequences	Striking & Fielding Gymfit Circuits
Upper Key Stage 2	Year 5/6	Invaders Bootcamp	Dynamic Dance Mighty Movers	Gym Sequences Step to the Beat	Nimble Nets Cool Core	Young Olympians Fitness Frenzy	Striking & Fielding Gymfit Circuits